

The Secret of "Why Do People Procrastinate?"

Nobody has yet come up with a solution as to "why do most people procrastinate?" Even at present, procrastination is considered to be the biggest mysteries surrounding human beings. Although, most people know that the solution to such problems lie deep within them, in reality, they would not admit them. It is not only counterproductive to put off an inevitable task, but it also causes a great deal of stress, especially in those cases, when a person hardly has the patience to wait and wants it to be done. Numerous reasons can be cited as to "why do people procrastinate?" this is because each person would have their very own reasons. As a matter of fact, there might be different underlying motivations with some people just procrastinating about a particular thing, while it is simply a way of life for others. Spoilt Work Practices: There are some individuals who thrive when they are imposed tight deadlines or work- pressure. In reality, it may actually appear so. The main problem involved over here is that there is a high possibility that people might lie. A major reply to the question as to "why do people procrastinate?" seems to be bad work practices. The crux of the matter in such situation of procrastination is poor prioritizing skills and lack of organization. In case, a person is awarded a task for which he is devoid of any idea, it may so happen that the person would put that work assignment off rather than figuring it in a proper manner. On some occasions, procrastination is an outcome of a feeling that the particular work assigned would take a long time for completing. Hence, the other reason for the question as to "Why do people procrastinate?" is this general feeling experienced by an individual of being overwhelmed. Attitude of Perfectionism: Another reason for the question as to "why do people procrastinate?" is the perfectionist attitude that most procrastinating people have. This is mainly because, such people observe the task set before them as a sort of encumbrance, which mostly decreases the intensity of people to start and accomplish a task. Such maneuvers have a tendency of clouding the main issues and are actually the leading procrastination causes, especially in those individuals who are creative in nature and who need to exercise some control. Hence, such people continually work on their individual task by striving for perfection. Since the perfection level is not that absolute in nature, it totally breaches the deadline. The other reason as to "why do people procrastinate?" is their disliking of a project or a task before them. This mostly happens in case of kids. It is a fact that, most children don't clean their rooms, prepare a report or study for a test and subsequently, indulge in procrastination. Obviously, when such kids are forced to do so, they do it albeit in a hating way which normally results in the particular assignment boomeranging.

About the Author

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